

SOUTH DAKOTA ARMY AND AIR NATIONAL GUARD

February 2007

# FAMILY NEWS

STATE FAMILY READINESS OFFICE

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- ★ YOUTH CAMP REGISTRATION
- ★ TRICARE CHANGES
- ★ EXPANDED YOUTH COUNCIL



**MISSION FIRST,  
FAMILY ALWAYS**

**Family Readiness  
Office  
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**LTC Harvey Fitzgerald**

Family Readiness Director

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MPSC contract employee

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MPSC contract employee

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WG Contract Employee

**SGT Summer Humbracht**

Family Readiness Specialist

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**Adjutant General  
Major General Michael Gorman**

With over 2,900 National Guard Soldiers and 700 National Guard Airmen from South Dakota deployed since September 11, 2001, unit Family Readiness Groups (FRG) have surged to meet the needs of families. We witnessed families serving families and everyone pitching in to help one another work through family issues with an absentee family member.



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While several FRGs today are actively supporting their deployed service members, many other FRGs are reevaluating their level of family program involvement now that their families have been reunited. It is totally understandable that many families felt a need to step back from FRG activities once the service member returned home in order to again concentrate on issues at home.

However, participation in your FRG pays big dividends in many different ways. Your FRG continues to strengthen families that share the common bonds of belonging to the same unit, many with deployment experiences that will never be forgotten.

FRGs are a great source of information concerning awareness of benefits such as expanded healthcare coverage, retail discounts, scholarships, support services, pay issues, Moral, Welfare and Recreation facilities, and information about your service member's organization. FRGs can offer great practical educational programs through the Guard Family Team Building Program.

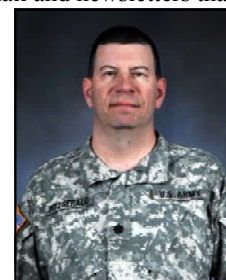
Many FRGs are in a rebuilding phase and will be through the upcoming SDNG transformation process. This may be your perfect opportunity to rejoin your local FRG or even consider becoming a volunteer. The Family Readiness Office offers all the training necessary to assist you in your leadership role.

I thank you for supporting your service member and I urge you to be active in your unit FRG. Now is the time to strengthen your FRG and your own family through the many family support offerings.

**Family Readiness Director  
LTC Harvey Fitzgerald**

This newsletter is always a conflict with me in that I know you receive more mail and newsletters than you probably care to read. Our office had attempted to reduce the size of the newsletter out of respect for you. However, each article submitted seemed too important not to include.

The reason we have so much information in this newsletter is that there are so many great news items that directly affect you, we need to make sure you are aware of the many new benefits and programs. As a matter of fact, I asked our entire unit Family Readiness Group Lead Volunteers to help us spread the word, as this was my first goal announced at the 2006 State Family Program Conference.



The second goal I spoke about was to deliver a world-class Reunion and Reintegration Program to our returning veterans. We have taken great strides in that direction in assisting with the recent Caregiver Drill for C Battery, 1/147<sup>th</sup> Field Artillery Brigade. Bringing service agencies together, in a relaxed

atmosphere, with families and soldiers is a small, but significant step. This helps to ensure these heroes of our commitment to them and our gratitude for their many sacrifices. Our initial community education and outreach initiative should see implementation this March and we will keep you informed.

The third goal involves helping the many new Family Readiness Group volunteers in assuming their new duties. Your FRG is critical to the mission of Family Readiness and we have tremendous training available to arm you with a super tool-bag that will help your group be successful. I urge you to take advantage of the many training events listed in this newsletter and call upon me and my staff to help you on the road to serving our families.

Lieutenant Colonel Harvey Fitzgerald  
State Family Program Director



## New Employees

### Mike Bierle-Youth Coordinator

I am Mike Bierle, the new Youth Coordinator for the South Dakota National Guard. I have been in the National Guard since 1997, which included 14 months in Iraq. I am currently attached to the 196<sup>th</sup> RTI at Ft. Meade attending Officer Candidate School. I am very excited to have the opportunity to work with the youth of the South Dakota National Guard and look forward to being a part of their lives. I am a Williams-Gonzales Contract employee and can be reached at (605) 737-6919, or (605) 415-1808.

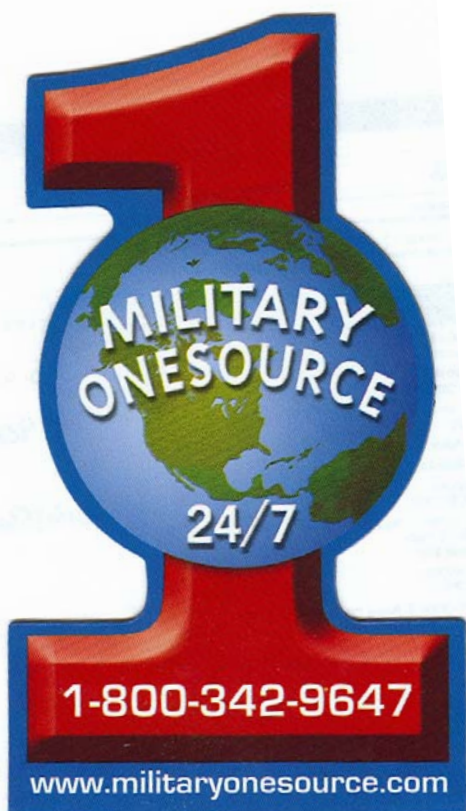
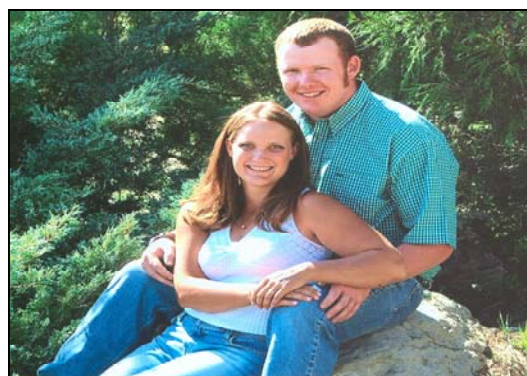
**-Youth Coordinator**

*Mike with wife Billie Jo.*



### Summer Humbracht-Family Readiness Specialist

Hi, my name is Summer Humbracht and I joined the Family Readiness team in July. My main duties include processing invitational travel orders and travel vouchers for our volunteers, as well as helping with budget matters. Prior to being assigned to JFHQ's, I was a member of the old 1085th Medical Company in Rapid City. My hometown is Ekalaka, MT., however, I now live with my husband Brad in Sturgis. I look forward to working with everybody and helping in any way possible. I can be reached at (605) 737-6086.



## TAX ASSISTANCE

Soldiers and their families have multiple methods of finding free help in completing their 2006 Income Tax Return.

Free tax preparation and filing is available through the *H&R Block Tax Cut* and can be found by going online to [www.militaryonesource.com](http://www.militaryonesource.com) or by calling 1-800-342-9647. This service is available at no cost to active duty, Guard, Reserve and their family members.

Another option is the free tax preparation service offered by the South Dakota State Office of the State Auditor through the Volunteer Income Tax Assistance (VITA) program. Families in the local Pierre area can stop in or call the OSA (605) 773-3900 to arrange an appointment. Families outside the local area can participate via mail. The mail-in program can take 1-2 weeks for the return to be completed (including mailing time). Complete details can also be found online at [www.sdauditor.gov](http://www.sdauditor.gov). Posters are available at each SDNG armory as well.

Military members in the Black Hills area can get free face-to-face assistance through VITA by contacting Kellie LaRue at (605) 737-6288. Kellie and the VITA volunteers will make in-person appointments either at your armory when possible or at another agreed upon location. All information is confidential and returns are prepared by IRS certified volunteers with special training in preparing Military returns.

## Wilson's Wisdom

### Chaplain Lynn Wilson

#### "Words from Wilson"

It's hard to believe we have entered a new year already, isn't it?! (I can't believe I just turned 49!) WHERE DID THE YEARS GO??? . . . Speaking of the New Year, I would like to offer some suggestions on how you can keep your resolutions . . .

1. "Don't let the big dream keep you from achieving the small dream." What I mean is that, while your big dreams are great, sometimes not achieving the big dream will stop us from going after the small dream. For example, we might say "I'm going to lose 50 pounds this year." That's a great goal (unless you're Nicole Richie!), but don't let that big dream get in the way of being satisfied with losing 5 pounds! Great things can be accomplished simply by chipping away at something big. Just think of Mount Rushmore! Gustaf Borglum didn't let the big dream of carving four faces into the mountain stop him from, at times, being satisfied that on certain weeks he only had a few stones moved out of the way! Simply put: don't let the big dreams keep you from achieving the small dream." Balance your big dreams with reality—with the smaller dreams—and you'll be surprised how much you can accomplish.

2. "Don't let the boo-birds stop you from keeping your resolutions." President Theodore Roosevelt—one of the faces on Mount Rushmore by the way—said these words: "They never built a statue of a critic." If you have resolutions, you can bet there will be people who don't believe it's possible for you to achieve them. Listen politely to them, but don't let those critics get you down. God created you for a purpose. Ephesians 2:10 says "For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do." You are NOT here on this earth by accident, and you must not let failure get you down! Remember the story of Abraham Lincoln? 1831: Failed in business. 1832: Defeated for legislature. 1833: Again failed in business. 1834: Elected to legislature. 1835: Sweetheart died. 1836: Had nervous breakdown. 1838: Defeated for speaker. 1840: Defeated for elector. 1843: Defeated for Congress. 1846: Elected to Congress. 1848: Defeated for Congress. 1855: Defeated for Senate. 1856: Defeated for vice president. 1858: Defeated for Senate. 1860: ELECTED PRESIDENT! **I AM SURE** somewhere, amidst all those defeats, family and friends alike said: "GIVE IT UP ABE!!! YOU'RE NEVER GOING TO WIN!!!" But he didn't give up, and went on to become the greatest president who ever lived.

So in conclusion I say: 2007 is a year that is full of promises; and it will be a year full of disappointments as well. But it can be full of something else too: your dreams coming true, as long as you don't let the big dreams keep you from achieving the small dreams . . . and if you don't let the boo-birds stop you from keeping your resolutions!

May God bless you in 2007!

Chaplain Lynn Wilson  
Full-time Support Chaplain

### *Family Readiness Training Makes the Difference!*

After attending the State Family Readiness Workshop in September and participating in the class about suicide intervention, the family readiness volunteer didn't really think much about the training, in fact, had really forgotten all about it. Little did they know at the time, how much the training would impact their life, perhaps saving another one.

Months later while talking to their friend, an uneasy feeling arose in the pit of their stomach. Was their friend talking about hurting themselves, about the unthinkable, perhaps suicide. . . What did the training say? Just ask the question, which the volunteer did, resulting in a positive outcome, making the difference. We never know how having the courage to ask just one question may impact another's life.

The training the volunteer received at the state workshop was a program about suicide intervention called QPR. **Q**uestion. . . a person about suicide. **P**ersuade. . . the person to get help and, **R**efer. . . the person to the appropriate resource. QPR is not intended to be a form of counseling or treatment, but rather to offer hope through positive action. QPR is intended to teach those who are in a position to recognize the warning signs, clues and suicidal communications of people in trouble to ACT vigorously to prevent a possible tragedy.

Much like CPR or the Heimlich Maneuver, the fundamentals of QPR are easily learned. And like CPR and the Heimlich Maneuver, the application of QPR may save a life. If you are interested in having this training at your unit or Family Readiness Group, contact the State Family Readiness Office at 1-800-658-3930. *Ask a question. Save a life.*





## 2006 State Family Readiness Awards



**Military Member of the Year**  
South Dakota Air National Guard

**Ed Revell**



Since 1998, Ed has been an active Family Program volunteer and supporter, serving on numerous committees and boards promoting Family Readiness.

**Volunteer of the Year**  
South Dakota Air National Guard

**Connie Skinner**



Connie is a faithful volunteer. Always willing to help with various activities and events from family days and briefings to workshops and classes.

**Family of the Year**  
South Dakota Air National Guard

**Kevin & Joyce Callies Family**



The entire Callies family is involved either directly or indirectly with the Family Program. Their involvement has impacted and improved the Program at the unit and state levels.

**Military Member of the Year**  
South Dakota Army National Guard

**DiAnn Deyo**



DiAnn is not only active in the Family Program, but within the community as well. She has served as the Family Readiness Unit Representative in her unit since 1998.

**Volunteer of the Year**  
South Dakota Army National Guard

**Teresa Urban**



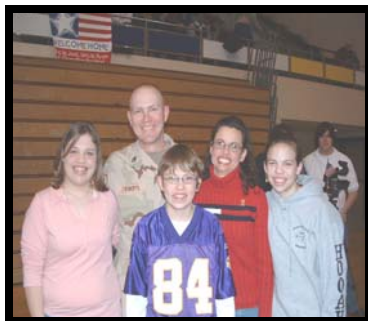
Teresa has been involved in Family Readiness for 15 years. She served as Lead Volunteer for HHC, 153rd during their deployment to Iraq and continues to serve in that position today.

**Family of the Year**  
South Dakota Army National Guard

**Kent & Deb Thaelke**



The Thaelke's have been instrumental in the success of their unit's Family Program by helping organize events and activities to encourage family participation and involvement.



Association of the United States Army  
recognizes

**SSG Jay and Mrs. Sharon Roberts and their children**

as an AUSA Outstanding Volunteer Family for 2006

The Roberts family exemplifies volunteerism. Each has served in various roles within the Family Program from the unit's Lead Volunteer to Youth Council Representative.



## Why Volunteer with the SDNG Family Readiness Program?

WHEN YOU VOLUNTEER, YOU ARE GIVING SOMETHING BACK TO YOUR COMMUNITY, FELLOW SOLDIERS AND FAMILIES BY LENDING A HELPING HAND TO PEOPLE AND OTHER ORGANIZATIONS. WHAT YOU MAY NOT REALIZE IS THAT VOLUNTEERING ALSO BENEFITS YOU AS AN INDIVIDUAL. THERE ARE MANY GOOD REASONS TO GET INVOLVED IN THE FAMILY READINESS PROGRAM, INCLUDING LEARNING SOMETHING ABOUT YOURSELF. THE FAMILY PROGRAM IS A VOLUNTEER BASED PROGRAM/ORGANIZATION THAT IS DESIGNED TO ENHANCE NATIONAL GUARD READINESS, RETENTION AND QUALITY OF LIFE.

SOME OF THE BENEFITS OF VOLUNTEERING:

YOU CAN:

- MAKE NEW FRIENDS (INSIDE AND OUTSIDE OF THE NATIONAL GUARD FAMILY)
- BECOME MORE FAMILIAR WITH THE NATIONAL GUARD
- EXPLORE CAREER AND PERSONAL INTERESTS
- UNDERSTANDING WHAT BENEFITS ARE AVAILABLE TO SOLDIERS AND FAMILIES
- EARN GREAT RECOMMENDATIONS FOR FUTURE EMPLOYMENT OR COLLEGE APPLICATIONS
- DEVELOP JOB SKILLS (PUBLICATIONS AND PUBLIC SPEAKING)
- BUILD YOUR RESUME
- HAVE LINKS TO RESOURCES IN THE MILITARY AND COMMUNITIES
- ENRICH YOUR EDUCATION
- UNCOVER HIDDEN SKILLS AND TALENTS
- INCREASE YOUR SELF-CONFIDENCE
- HAVE FUN
- MAKE A DIFFERENCE



## **Veteran's Update**

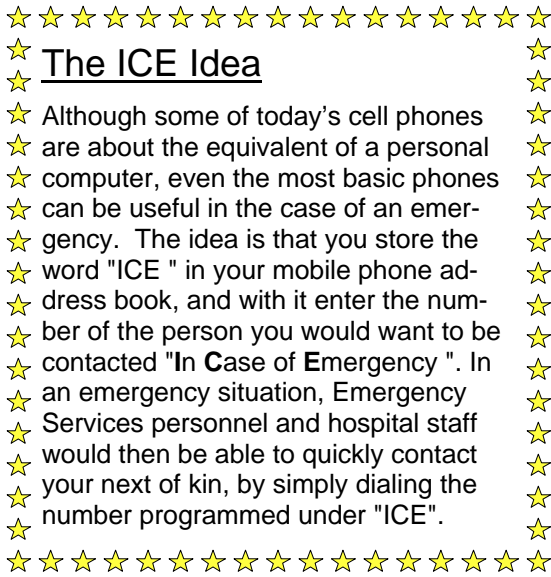
Hello from the Transition Assistance Advisor's (TAA) Office, formally the State Benefits Advisor (SBA), yes Guard Bureau came up with a name change already! I would guess with my first ever column in the Family Newsletter, I should introduce myself. My name is Todd Otterberg and I have been in the TAA position since February of 2006. This is a new contracted position funded by National Guard Bureau to work with veterans on applying for, knowledge of, and receiving their state and federal veteran's benefits. After a 26 year career with the South Dakota Army National Guard, working all over the state, I took this position as the TAA.

So far the major effort for this office has been to establish a better working relationship with the VA, developing the right point of contacts to better serve our veterans. Actually, this has been a simple task. The VA has been GREAT to work with and was on hand every time we asked for their help. Each VA across the country has staffed a position in each and every hospital as the "OIF/OEF Coordinator." This position is there to pay special attention to our Iraq and Afghanistan veterans and their care in the VA hospitals and clinics. Elizabeth Flinn at the Sioux Falls VA, 605-336-3230 ext 6983 and Moriah Walker at Black Hills Health Care (Ft. Meade and Hot Springs) at 605-720-7155, have gone above and beyond for our Soldiers and veterans and are ready to help whenever asked.

Lastly, we have County Veterans Service Officers( CVSO's) and Tribal Veterans Service Officers (TVSO's). These people are there to assist veterans to get there benefits and are probably located in you county and tribal court houses. You may always contact them or myself and I will assist you so you may start, or continue receiving your entitled veteran's benefits!!

Todd A. Otterberg  
Transition Assistance Advisor  
Camp Rapid  
605-737-6669





This nation will remain the land of the free only  
so long as it is the home of the brave.



If you are interested in visiting this site, the website is <http://www.soldiersangels.org/>. I urge you to pass along this site to community members who wish to be involved with our troops, but don't know where to start. This is a wonderful opportunity to brighten the lives of one of our extraordinary Soldiers!

Note: These are free supplies, postage must be affixed.

## Learning, Just a Click Away

Does your Family Readiness Group (FRG) or unit need different ideas or alternatives for training? Do you have families that due to their geographic location are unable to attend unit briefings, events and activities? You can have the convenience of quality training and information in the comfort of your own home or the ability to download handouts, and lesson plans should you want to present a class at your FRG or unit. The following websites have been specifically developed to educate and empower those within the National Guard community. They offer access to excellent education, information and a variety of resources specifically designed for those involved with the military.

The [guardfamily.org](http://guardfamily.org) website warehouses numerous resources for the National Guard member and their family

with a special section just for kids.

Access to **Guard Family Team Building (GFTB)** is gained from this website.

GFTB is a specially designed program for and about the National Guard Community. The online modules cover a wide variety of topics most often requested by families and National Guard leadership. Some topics offered are *Stress Management*; *Deployment and Reunion*; *Family Finances* and *Conflict Management and Resolution*. There are also courses specifically designed for National Guard youth as well.

[MyArmyLifetoo.com](http://MyArmyLifetoo.com) is a single portal in which Army families can visit and find out what they desire to know about almost any topic pertaining to the Army. Articles have been written in language natural to family members versus Army terms, acronyms and program names.

Articles selected and posted to the site give the basic understanding of topics that family members often have questions about.

The site's life-long learning center provides a "one-stop" knowledge center where anyone can fine tune their own skills, leadership ability and connect to other family members. **Army Family Team Building (AFTB)** is located there and offers 3 levels of training on a variety of topics such as *Military Terms, Acronyms, Customs and Courtesies*; *Crisis and Grieving*; *Listening Skills* and *Basic Problem Solving*.

*Story continued on page 17*

## OMK Award Presentation



**The South Dakota National Guard presented a Citation of Outstanding Achievement Teamwork to SDSU Extension for its work with the Guard on youth programming. Shown are, left to right, South Dakota National Guard Youth Coordinator Mike Bierle, WG Contract Employee; SDSU Extension 4-H Program Administrator Karla Trautman; Extension Youth Development/4-H Specialist Kathy Reeves; Yankton County Extension Educator Sharon Guthmiller; and Kristi Palmer, former South Dakota National Guard Youth Coordinator.**

## FAMILY READINESS WEBSITE

The Family Readiness website can be found at <https://sdguard.ngb.army.mil>. It is our hope that you will find this site useful and beneficial. Our intent is to keep you informed of the many changes and benefits that affect you - our military family. Please take the time and visit our entire site, we will strive to keep it updated with the latest information. You will find links and

information about unit family readiness groups, state services available and several national links. We have worked hard to provide as much information as we can; we hope this will be a one-stop information center for you.



The look of the website has changed. The information is being added to better accommodate the growing needs of the Family Readiness Program. Please provide us your thoughts and recommendations about our site.



# Family Assistance Center

Fact Sheet—[www.guardfamily.org](http://www.guardfamily.org)

## **What Is Family Assistance?**

Family Assistance is the focal point of information for service members and families by providing the Six Essential Services in times of contingency call up, mobilization, and large-scale deployments. Family Assistance Centers (FAC) are critical in providing help to all military families during long or short term deployments. This holds especially true for geographically dispersed families who are unable to access services at a local base, installation or fort. In other words, **Family Assistance personnel are the “One Stop Shop” for assistance and referral for families.**

## **Some Examples of the Six Essential Services.**

### ***Crisis Intervention and Referral***

Provide assistance with the following:

1. Domestic Abuse
2. Child Abuse/Neglect
3. Danger to Self and/or Others
4. Abuse/Neglect of a Vulnerable Adult

### ***Legal Resource and Referral***

1. Assistance with Power of Attorney/ Wills
2. Information and assistance with Service Members Civil Relief Act
3. Assistance with referral for ESGR

### ***Financial Resource and Referral***

1. Understanding Military Pay
2. Assistance with financial assistance and loan applications through the American Red Cross
3. Referral to the availability of outside grants
4. Provide referrals for budgeting classes

### ***TRICARE Resource and Referral***

1. Provide general information on insurance benefits
2. Assist with TRICARE Medical and Dental applications
3. Assist with finding local participating providers
4. Assist with writing letters to challenge claim denials

### ***ID Cards and DEERS***

1. Provide information on DEERS Rapids Centers
2. Assist with obtaining an ID card

### ***Community Information and Outreach***

Provide a list of local Community resources-including but not limited to the following:

1. Assist with Child Care resource and referral
2. Assist with referral to local financial resources
3. Assist with finding a local FRG to assist with Family Readiness

**We are awaiting your contact - how may we be of assistance to you?**

**Michele Anderson**

**[Michele.m.anderson@us.army.mil](mailto:Michele.m.anderson@us.army.mil)**

**1.800.658.3930**

**After hours Cell: 605.381.2859**

**Kim Chase**

**[kimberly.chase@us.army.mil](mailto:kimberly.chase@us.army.mil)**

**605.696.5416**

**After hours Cell: 605.415.1705**



# SOUTH DAKOTA NATIONAL GUARD FAMILY READINESS TRAINING

Whether you are a new volunteer, military member, or just need to refresh your Family Program knowledge, **mark your calendars and join us for the following scheduled training!**

## **BASIC / ADVANCED VOLUNTEER TRAINING**

February 10, 2007

**BASIC** 9AM – 1200/ **ADVANCED** 1PM to 4:30PM

**Sioux Falls, SD** (For All Volunteers)

## **TRAIN THE TRAINER COURSE**

February 23-25, 2007

Begins Friday evening and concludes noon Sunday.

Individual class presentation required.

**Chamberlain, SD** (For All Volunteers)

## **BASIC / ADVANCED VOLUNTEER TRAINING**

March 3, 2007

**BASIC** 9AM – noon/ **ADVANCED** 1PM to 4:30PM

**Pierre, SD** (For All Volunteers)

## **BASIC / ADVANCED VOLUNTEER TRAINING**

March 31, 2007

**BASIC** 9AM – noon/ **ADVANCED** 1PM to 4:30PM

**Watertown, SD** (For All Volunteers)

## **LEAD VOLUNTEER TRAINING**

May 5, 2007

9:30AM to 4PM

**Pierre, SD** (Class for appointed Lead Volunteers of FRGs)

Training is primarily for civilian volunteers but military personnel are also welcome. Classes are free and materials provided. We are also available to conduct Family Readiness training at your location for either volunteers or military personnel or a combination of both.

Volunteers are placed on invitational travel authorizations which cover mileage, food & lodging for those living over 50 miles away. Mileage may be covered for those living less than 50 miles away. Day care will not be provided but you can be reimbursed your cost (as per Family Readiness guidelines, \$2 per hour, per child for the time spent in the classroom). Training to include PREP is subject to change based on funding and enrollments. Enrollment deadlines are 1 week prior and **room reservation deadlines are 1 month prior to training.**

For more information about classes and the most current dates and locations, log onto <https://sdguard.ngb.army.mil> and go to the Family Readiness link – then training / workshops.

Volunteers...the  of our pro-

## **PREP® - A Free Weekend Away for Married Couples**

(Prevention and Relationship Enhancement Program)

The South Dakota National Guard Family Readiness Office and the State Chaplain's Office are excited to offer Army Guard couples a "free weekend away" from everything to focus on each other and their relationship.

**PREP®** is **NOT** therapy. There are **NO** "encounter" groups or sharing of personal concerns.

**PREP®** focuses on communication skills, addresses problem resolution strategies, reveals how to discover hidden issues, and then moves into caring, fun, and friendship. Couples spend most of their time in special discussions or practicing newly learned communication skills with each other.

The workshop begins Friday evening at 6:30PM and concludes at noon on Sunday. Spouses will be on invitational travel authorizations for the workshop which cover mileage, food & lodging. Day care will not be provided but you can be reimbursed your cost (as per Family Readiness guidelines, \$2 per hour, per child for the time spent in the classroom).

**To register, log onto**

<https://sdguard.ngb.army.mil>

and go to the Family Readiness Program link, then go to Training / Workshops -

♥ Complete the registration form and mail it to the indicated address on the form.

**- March 23-25, 2007**

**Chamberlain, SD**

**- August 17-19, 2007**

**Sioux Falls, SD**

**OR**

**For questions or further details**

♥ Call the Family Readiness Office at  
1-800-658-3930 / 605-737-6079

**OR**

♥ Email at:

[familyprogram@sd.ngb.army.mil](mailto:familyprogram@sd.ngb.army.mil)

Enrollment deadlines are 1 week prior to workshop.

**Room reservation deadlines are 1 month prior to the workshop.**





## **REGISTRATION FORM**

**Please complete the front and back of this form  
and:**

**Mail to: Family Readiness Office  
2823 West Main St., Bldg 520  
Rapid City, SD 57702-8186**

**Please Check  
If Attending**

☐

**BASIC VOLUNTEER TRAINING** - 9AM - noon in Sioux Falls (For All Volunteers)  
February 10, 2007

☐

**ADVANCED VOLUNTEER TRAINING** - 1PM to 4:30PM in Sioux Falls (For All Volunteers)  
February 10, 2007

☐

**Train the Trainer - Instructor Trainer Course (ITC)** in Chamberlain  
February 23-25, 2007 - Begins Friday at 7:30 PM and concludes Noon Sunday  
**\*\* Individual class presentation a requirement for training.** (For All Volunteers)

☐

**BASIC VOLUNTEER TRAINING** - 9AM - noon in Pierre (For All Volunteers)  
March 3, 2007

☐

**ADVANCED VOLUNTEER TRAINING** - 1PM to 4:30PM in Pierre (For All Volunteers)  
March 3, 2007

☐

**BASIC VOLUNTEER TRAINING** - 9AM - noon in Watertown (For All Volunteers)  
March 31, 2007

☐

**ADVANCED VOLUNTEER TRAINING** - 1PM to 4:30PM in Watertown (For All Volunteers)  
March 31, 2007

☐

**LEAD VOLUNTEER TRAINING** - 9:30AM to 4PM in Pierre  
May 5, 2007 (Class for appointed Lead Volunteers of FRGs)

**PLEASE COMPLETE BOTH SIDES OF THIS FORM**



## REGISTRATION FORM, CONT.

PLEASE PRINT -legibly

---

NAME

Social Security # (Required for orders)

---

(Mailing) Address

City

State

Zip Code

---

Phone #

Round Trip Mileage From Home to Training Site

---

Email Address

---

Unit Representing or Affiliated With

Please check those that apply.

☐ I am a Civilian

☐ I am a Military Member

I will need to stay ☐ FRIDAY  
overnight on ☐ SATURDAY

I need a ☐ SINGLE Room  
☐ DOUBLE Room

Training is primarily for civilian volunteers but military members are also welcome. If volunteers live 50 or more miles away from training, you will be placed on Invitational Travel Authorizations for reimbursement of mileage, food and lodging. If you live less than 50 miles away from training, your mileage only can be reimbursed. Military members attending need to make arrangements with their unit for pay and per diem. Day care will NOT be provided but you can be reimbursed your cost during training per Family Readiness Guidelines. (Guidelines allow reimbursement for \$2 per hour, per child during the time spent in the classroom.) Reimbursement forms will be completed during training.

\*NOTE: Dates for training are subject to change based on funding and enrollment numbers. Enrollment deadlines are one week prior to training. Room reservation deadlines are much earlier. For the most current dates and locations, please go to the website - <https://sdguard.ngb.army.mil> then the Family Readiness link.

For Staff Use Only

Est. Amount \_\_\_\_\_

Information letter sent \_\_\_\_\_

Called \_\_\_\_\_

Other info \_\_\_\_\_



# YOUTH PROGRAM

## **Calling all South Dakota National Guard Youth!!**

The Youth Council will be expanding across South Dakota! The Youth Council is a group of teens that will help in training and give leadership to other peers and kids across South Dakota. They will also have the opportunity to go on trips across the nation, be counselors at Youth Leadership Camp, help units with activities, and do other various exciting events. There will be two Youth Council members age 13 to 18 from every battalion in the state from the Army National Guard, and four Youth Council members from the Air National Guard. These new members will be nominated by lead volunteers and the Battalion Commander through an application process. Deadline for nominations will be April 6<sup>th</sup>. The current 10 member Youth Council will act as a steering group to help train and mentor the new members. The Youth Program will also have an Advisory Group made up of six adults to help with travel, training and act as chaperones, leaders and mentors. Applications can be found at

<https://sdngintranet/per/fam/default.aspx>.



### **2007 YOUTH LEADERSHIP CAMP**

The 2007 Youth Leadership Camp will be held on July 16<sup>th</sup> – 20<sup>th</sup> at camp Bob Marshall in Custer State Park. The camp will be open to 10 – 13 year olds that are a child, grand-child or sibling of a South Dakota National Guard service member or retired member. The registration fee will be \$75.00. Please include registration fee with application. Transportation will be available for east-river youth. More details will be mailed to families of campers at a later date.

### **2007 Teen Leadership Conference (TLC)**

The 2007 Teen Leadership Conference will be held June 5<sup>th</sup> – 8<sup>th</sup> at South Dakota State University in Brookings. The theme for this year is "Breaking Free!" This will be a great opportunity for leadership training, personal growth and fun. The cost for TLC will be \$125. Transportation will be available with a bus departing Spearfish and making scheduled stops en-route to Brookings. The bus will be free of charge. Applications will be available at <http://4h.sdstate.edu/>. At this time, the application is not posted, so please check regularly to apply.





# APPLICATION

## South Dakota National Guard Youth Camp

July 16-20, 2007 (ages: 10-13)

**Camp Bob Marshall**

### For Camp use only

Check # \_\_\_\_\_

Application Complete \_\_\_\_\_

Physical \_\_\_\_\_

Must be completed and submitted by June 2, 2007 (PLEASE TYPE OR PRINT)

**YOUTH NAME:** \_\_\_\_\_ Nickname \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ E-mail Address: \_\_\_\_\_

Home Phone: ( ) \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_ Age (as of June 1<sup>st</sup>) \_\_\_\_\_

Date of Birth: \_\_\_\_\_ SS#: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

T-shirt size (adult): S M L XL (circle) First time Guard camper: Yes No (circle)

**PARENT(S) GUARDIAN NAME:** \_\_\_\_\_

Phone #: Daytime: ( ) \_\_\_\_\_ Evening: ( ) \_\_\_\_\_

Cell #: ( ) \_\_\_\_\_ E-mail: \_\_\_\_\_

### **Military Sponsor Information:**

Name: \_\_\_\_\_ Rank: \_\_\_\_\_ Currently Deployed: Yes No

Unit: \_\_\_\_\_ Relationship to camper: \_\_\_\_\_

**Youth Camp: 10 – 13 year olds (as of June 1<sup>st</sup>) ~ July 16<sup>th</sup> – 20<sup>th</sup> Rapid City**

Must be a child/grandchild, sibling or legal dependent of a South Dakota National Guard member or retired member.

**I certify that I am the legal parent/guardian of the child listed on this application.**

**Your return packet is due June 2<sup>nd</sup> and should include:**

1. **Application:** Please make sure application is filled out completely and signed where indicated.
2. **\$75.00:** registration Fee. Payable to **SDNG Camp**. Recommend bringing no more then \$20 for Youth Camp spending money.

**Mail to:** SDNG Youth Camp  
2823 West Main Street, Bldg 520  
Rapid City, SD 57702

We will be unable to process packets with incomplete information. Packets will be returned if incomplete.

\*I grant permission to the South Dakota National Guard Camp to approve emergency medical treatment for my child.

\*I give my permission of the release of my child's name, address and phone number to be provided to fellow campers and staff for the purpose of future communications. It will not be sold or distributed for any other use. Any photos or videos may be used for the promotion of the South Dakota National Guard Camp.

\*I hereby waive any claim against the South Dakota National Guard, the Department of Military Affairs, the State of South Dakota, or the United States of America

for any causes which may arise in connection with the participation of \_\_\_\_\_

in the South Dakota National Guard Camp. (Child's Name)

\_\_\_\_\_  
(Parent / Guardian) **Signature**

\_\_\_\_\_  
Date





**Camp Rapid**

**Rapid City, South Dakota**

**2007 STARBASE APPLICATION (SUMMER PROGRAM)**

Child's Name: \_\_\_\_\_

Last

First

Middle

Prefers to be called: \_\_\_\_\_

Nickname

Parent/Guardian: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: (\_\_\_\_) \_\_\_\_\_ Work Phone: (\_\_\_\_) \_\_\_\_\_

Gender: Male Female Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_

School: \_\_\_\_\_ School District: \_\_\_\_\_

School Grade in the Fall: 5<sup>th</sup> grade 6<sup>th</sup> grade 7<sup>th</sup> grade

Has child previously attended STARBASE? \_\_\_\_\_

If yes, what month, year, and site location? \_\_\_\_\_

Military sponsor: \_\_\_\_\_

Relationship to child: \_\_\_\_\_

Military sponsor's unit, location and service: \_\_\_\_\_

The 2007 South Dakota National Guard Summer STARBASE Day Academy will be held July 9 to July 13, 2007.

**Remarks:**

This is a day camp which starts at 9:00 AM Sharp and ends at 2:00 PM Sharp. Therefore, attendants must arrive at Building 123, Camp Rapid at the stated time with transportation to and from Camp Rapid provided by parent/guardian. If we are going on a field trip, times may need to be adjusted to accommodate for bus travel time. All attendants will need to bring a sack lunch – we have refrigeration for them. Upon acceptance into the program, further information will be provided.

Bldg. 123, 2823 West Main Street, Rapid City, SD 57702-8186

Telephone: (605)737-6083 – FAX: (605)737-6082 – Email: starbase@sd.ngb.army.mil

## Discounts For Soldiers!!!

Do you like free and discounted items? Of course you do, who doesn't! Did you know that simply being a service member or family member of the military, qualifies you for numerous discounts across the country?

Corporations throughout the United States have begun to offer their thanks to the military by offering generous discounts. The discounts range from travel deals to packing materials for care packages, to discounts at your favorite restaurants and clothing stores. I have combed the Internet in search of different deals, and was amazed at what is available. Bottom line is, it never hurts to ask if there is a military discount offered. I guarantee that you will be pleasantly surprised to find that more often than not, there is some sort of discount. I have compiled a list of websites that offer many of these deals, but it would take pages to list everything available. I urge you to do a little research the next time you are planning a vacation or going shopping. You just might find a deal that you did not know about.

[www.military.com](http://www.military.com)

[www.ako.mil](http://www.ako.mil) Slick Deals for Soldiers

<http://www.californiafreebies.com/military.htm>

<http://www.4militaryfamilies.com/militarydiscounts.htm>

<http://www.militaryspot.com/military-discounts.htm>

Please check some of these sites out. Corporate America is trying to give their thanks to the people who deserve it the most; our members of the armed forces. If you can't find something that works for you in these sites, you can always use a search engine and search "military discounts". This will bring up pages of websites that cater specifically to discounts for military members. Remember, many businesses have a military discount, but few advertise it, so be sure to ASK!!!



**Military OneSource**  
Offers **FREE**  
**Tax Preparation**  
and **Filing**

Visit  
[www.militaryonesource.com](http://www.militaryonesource.com)  
to file your federal and state  
taxes with **TaxCut Basic Online**  
by H&R Block®

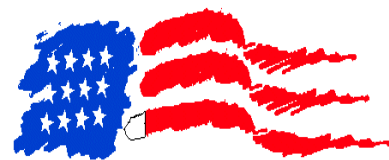
**TaxCut**

- Maximize your refund
- Simple, easy process
- Use your tax refund wisely –  
save and pay off debt!

**Call now!**  
**1-800-342-9647**

**You name it.**  
**We can help – 24/7!**

Financed by the Department of Defense and used to secure loans, credit and  
services (regardless of active status) and their family members.



## Scholarships

Here are some websites to check out for various scholarships that are available. Some are single scholarships, and some are search engines, but there are many scholarships to choose from.

<http://www.sdngea.com>

[www.military.com/scholarships](http://www.military.com/scholarships)

<http://www.militaryscholar.org>

<http://www.finaid.org/>

<http://www.feea.org/>

<http://www.state.sd.us/dakotacorps/default.html>

<http://www.ed.gov/students/prep/college/thinkcollege/early/edlite-tcehome.html>

<http://www.fastweb.com/>

<http://www.fastweb.com/>

<http://www.nmfa.org>

## Veterans Transition Franchise Initiative

*Have you ever dreamed of owning your own business and being your own boss. Well, now there is an easier way for veterans of the armed forces to start up their own franchise. The Veterans Transition Franchise Initiative (VetFran) is a series of franchises that teamed together to offer discounted start up costs (up to 10%) for their franchises. This leaves more operating capital for the owner once the business is up and running, allowing them a greater chance of success. According to William D. Elmore, "veterans have the highest rate of successful self-employment of any group of Americans." This is a great opportunity for our service members to make the leap to starting their own business, which they otherwise may not have been able to afford to do otherwise. You can find information on this program at:*

<http://www.vetbiz.gov/StartBusiness/Franchise.htm>

*There are several different links concerning franchises, including the brochure for VetFran.*



## **HAPPENINGS IN THE SOUTH DAKOTA AIR GUARD FAMILY READINESS TEAM**

It's been quite a year for the families and members of the 114<sup>th</sup> Fighter Wing. This year marks the 60<sup>th</sup> anniversary of the South Dakota Air National Guard. To celebrate, the SDANG hosted the Blue Angels and an air show attended by thousands! Family Readiness volunteers assisted special guests from local nursing homes during a sneak preview of the show.

In April of 2006, a record attendance at the 6th Annual Easter Egg Hunt was enjoyed. Members of the SDNG Youth Council participated for the first time helping to make it such a success.

To prepare for the upcoming AEF schedule, Family Readiness offered several educational briefings beginning in May prior to the deployment. A "mock" processing line was held to familiarize family members with their military member's responsibilities. Family briefings were also held to familiarize families with deployment and introduce them to available community resources. The 60 member AEF ADVON team departed for their destination and approximately another 277 followed close behind.

For the month of November, instead of education, Family Readiness hosted the largest Annual Turkey Feed to date at the base. Families affected by the AEF deployment were encouraged to attend with their families. A record 1,100 were in attendance! There were ice breakers, a DJ and Karaoke, kid's activities and door prizes and of course...the turkey dinner.

Next, the Children's Christmas Party was held on Dec. 3<sup>rd</sup>, 2006. Again, those affected by the AEF deployment were encouraged to bring their children for fun and games. Pictures were taken with Santa, door prizes given, crafts and cookie decorations done, and even Christmas Bingo. Each child received a goody bag filled with prizes.

Throughout this past year, many of our military members were deployed or returning from various missions, to include Operation Jump Start and Operation Iraqi Freedom. On Dec. 9<sup>th</sup> a large contingency of those members returned to base, safe and sound.

A large scale celebration is being planned for February drill honoring those who served in the AEF deployment. During deployments, volunteers were busy with phone calls to families and helping avert difficult situations. Following deployments, reunion and reintegration briefings have been held for both service members and their families.

We are again looking forward to hosting the 7th annual Easter Egg hunt on March 4<sup>th</sup>, 2007 at the base. Additionally, Family Readiness volunteers are gearing up to assist with the Base's Family Day 2007 where we will be conducting a survivor challenge, so get your teams ready!



## **Learning, continued from page 8**

Both the GFTB and AFTB Programs are designed for everyone: service members, spouses, parents, children, retirees, civilian employees, and interested community members. They help families by teaching all aspects of life associated with the military. Additionally, both sites require you to register, creating your own user name and password which provides access to all the resources and training located there.

Further, once you have attended a "Train the Trainer (Instructor Trainer) Course" you will be given access to GFTB lesson plans and handouts located online, simplifying presentation of classes for your FRG or unit. Those attending the training will also be given lesson plans and handouts to AFTB classes. Our next Instructor training is being offered Feb 23-25 in Chamberlain, log onto <https://sdguard.ngb.army.mil> and click on the Family Readiness link for a registration form or call 1-800-658-3930.

Log onto [www.gftb.org](http://www.gftb.org) or [www.myarmylifetoo.com](http://www.myarmylifetoo.com) today to begin your learning journey.





# TRICARE Reserve Select

What you need to know – a policy change has occurred!  
**Premium Rates for calendar year 2007 will not change.**

If your TRICARE Reserve Select policy needs to be updated such as adding or removing a dependent; changing coverage from Family to Member only coverage; or from Member to Family coverage, your wish to terminate coverage you MUST follow the steps below:

Access the Guard- Reserve Portal from the web-

[www.dmdc.osd.mil/Guard-ReservePortal](http://www.dmdc.osd.mil/Guard-ReservePortal)

On the left select the TRICARE Reserve Select TAB.

On the following screen scroll to the bottom of the page and click on RC MEMBER.

Select the 3<sup>rd</sup> authentication option – personal information (low Authentication)

Enter your Social Security Number, last name and date of birth- click login.

Your personal information should pull up. If it doesn't call 1.800.658.3930.

Select the TRICARE Reserve Select option you are enrolled in Tier 1, 2, 3.

On the left side of the screen select the Qualifying Life Event Tab. The following information will appear:

**Based on a valid Qualifying Life Event (QLE), you may choose to update your TRS coverage. If you are electing to change between Member-Only coverage and Member and Family coverage, your TRS premiums will be affected. If you choose to terminate coverage, the member's and all family members' coverage will be terminated.**

**Member is eligible to repurchase TRS coverage based on the qualifying life event below:**

- ☒ Marriage
- ☐ Birth or adoption of a child
- ☐ Placement of foster child in home
- ☐ Reemployed after a break in employment
- ☐ Employer contribution to premium changed
- ☐ Loss of other health care coverage
- ☐ Divorce or annulment
- ☐ Death of spouse or family member
- ☐ Returned to pay status after leave without pay
- ☐ No Reason (Terminate tier 1 coverage only)

**Member wishes to:**

- ☐ Change from TRS Member and Family coverage to TRS Member-only coverage
- ☒ Change from TRS Member-only coverage to TRS Member and Family coverage
- ☐ Add family member to existing TRS Member and Family coverage
- ☐ Remove family member from existing TRS Member and Family coverage
- ☐ Terminate TRS coverage (**Note:** This disenrolls the sponsor and any enrolled family members)

**Note: your current enrollment ends at:**

**Date of the qualifying event (yyyymmdd)**

\_\_\_\_\_

**Final Step – after you have updated the Qualifying Life Event Screen you will be prompted to print a revised Agreement Form. Print the form, sign, date and mail to TRIWEST. This form is called a DD Form 2896 and TRIWEST must obtain a signed paper copy to update your record.**

### **REMEMBER with a Qualifying Life Event**

You may request certain actions to your TRS coverage. The effective date of the change in coverage is the date of the qualifying life event.

- **Tier 1:** You may make changes only when you have a qualifying life event. You may terminate your coverage at any time. **NOTE THAT DIS-ENROLLMENT from Tier 1 is final—you will not be eligible for re-enrollment in Tier 1 unless you re-qualify by additional deployment.**

- **Tier 2 & 3:** You may purchase, change or terminate your coverage when you have a qualifying life event. Without a qualifying life event, you may **only** make changes to your coverage during the open season.

### **TIPS:**

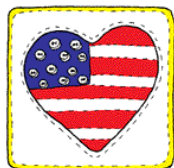
DEERS, DEERS, DEERS – if you have a change in your dependent status such as a new/ ex- spouse or children be sure your DEERS record is updated prior to notifying TRICARE.

\*\*\*A DEERS update does not automatically add or remove dependents to or from your TRICARE Reserve Select Policy.

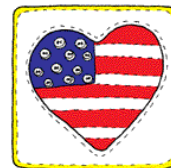
Example – You have a new baby, DEERS is updated – YOU MUST complete the steps above to ensure your new baby is added to your TRS policy if that is your expectation.

If you have any questions or concerns regarding your TRS policy you are welcome to contact TRIWEST at 1.888.TRIWEST or by web [www.triwest.com](http://www.triwest.com).

Please feel free to contact your Family Assistance Center for any and all questions 1.800.658.3930!



**HAPPY TRICARE!**  
Michele Anderson  
Family Assistance Center Coordinator  
South Dakota  
[michele.m.anderson@us.army.mil](mailto:michele.m.anderson@us.army.mil)



## **New Social Security Benefits**

Under certain circumstances, special extra earnings for your military service from 1940 through 2001 can be credited to your record for Social Security purposes. These extra earnings may help you qualify for Social Security or increase the amount of your Social Security benefit.

Special extra earnings are granted for periods of active duty or active duty for training. Social Security cannot add these extra credits to your record until you file for Social Security benefits (the program was done away with in January 2002).

Receive up to \$1200 per year of earnings credit, credited at time of application. (See below website for more detail)

Bring in your DD-214 to your local Social Security Office - As always you must ask for this benefit to receive it!

Soc Sec website: <http://www.ssa.gov/retire2/military.htm>





**South Dakota National Guard  
Family Support Program  
2823 West Main Street  
Rapid City, SD 57702**

**PRESORTED  
STANDARD  
US POSTAGE  
PAID  
PERMIT #618  
RAPID CITY, SD**



### **Feeling Disconnected?**

Now that winter has arrived, many people begin to feel post holiday stresses such as financial difficulties and the “winter blues”. If these issues are left unaddressed, individuals may attempt to deal with their feelings by abusing alcohol or may begin to exhibit symptoms of Seasonal Affective Disorder or another mental health disorder.

For these reasons, we would like to remind you of the availability of the **free and anonymous** online mental health and alcohol screening offered to military personnel and their families at **[www.militarymentalhealth.org](http://www.militarymentalhealth.org)**.

**Put the pieces together today.**  
**[www.militarymentalhealth.org](http://www.militarymentalhealth.org)**



## **MilitaryCharityMall.com**

Looking to make a charity donation this year? MilitaryCharityMall.com is a website that lists several stores who will donate a certain percentage of your purchase toward a charity. The two main charities that are supported are Children of Fallen Soldiers Relief Fund and Wounded Warriors Project. This is wonderful way to support the troops and their families when they need it most.

**Volunteers...the**  **of our program!**